## WHY ADDICTION PSYCHIATRY MATTERS



... addiction psychiatrists support people with addictions to try and stop or reduce their reliance and help them maintain a healthy lifestyle

What is addiction?

'Addiction is the repeated involvement with a substance or activity, despite the substantial harm it causes, because that involvement was pleasurable or valuable' [1].

Addiction can impact your physical and mental health and can have a significant impact socially, economically and legally.

Common addictions include alcohol, drugs, food and gambling

## Symptoms can vary and may include [1]:

- Mood swings
- Distraction
- Paranoia
- Sudden weight loss
- Tiredness
- Dishonesty

What treatments are available? [2]

Talking therapies

Medications



**Detox** 

Self-help

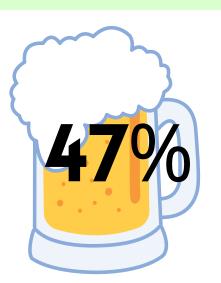
Reducing harm



## Why is psychiatric support important for managing addictions?



of adults starting treatment for addiction have a mental health treatment need [3]



of those in alcohol treatment live in the 30% most deprived areas [4]



## References

- 1. Psychiatry-UK. Addictions. Available from: https://psychiatry-uk.com/addictions/
- 2. NHS England. Drug addiction: getting help. Available from: https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/?tabname=self-help-tips
- 3. Public Health England. Adult substance misuse treatment statistics 2019 to 2020: report. Available from: https://www.gov.uk/government/statistics/substance-misuse-treatment-for-adults-statistics-2019-to-2020/adult-substance-misuse-treatment-statistics-2019-to-2020-report
- 4. Alcohol Change. Alcohol Statistics. Available from: https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-statistics